

INSIGHT

WTC COMMUNITY WEEKLY



Intermittent Fasting

Ramadan is a month when Muslims all over the world fast and pray to get closer to God. It is also a time to reflect on positivity and focus on personal growth.

During the fasting month, Muslims don't eat or drink anything until after the sunset prayers. When they break their fast, they start with a light meal followed by a heavier meal.

Fasting has a number of health benefits and over the past several decades, health practitioners and nutritionist have been recommending their clients to fast on a regular basis.

Intermittent Fasting has recently gained ground amongst health enthusiasts who have dispelled the notion that one needs to have six small meals a day to be healthy.

The benefits of fasting go beyond weight loss. Fasting helps restore insulin sensitivity, increases growth hormones, lowers blood pressure and instills a sense of calm and peace in a person.

However, be aware of how your body is feeling and listen to your body.

So, enjoy the journey and pace yourself. Life is not a sprint, not a marathon.

Stay hydrated, focus on your journey as much as on your goal, and enjoy the spiritual benefits that fasting offers to your mind, body and spirit.

Yours truly,
the community editor

WARNING

Intermittent fasting is generally considered safe. However, it is best to use caution when beginning or following the eating routine.

Restricting your calorie intake for an extended period of time could be dangerous for:

- children and adolescents
- people who are pregnant or breastfeeding
- people who have diabetes
- people taking certain medications
- people with a history of eating disorders

Before embarking on intermittent fasting or making any other drastic changes to your diet, consult a trusted healthcare professional to help you get started safely.

Source: healthline.com